

Lebanon Recreation Commission Autumn Program

Tai Chi

(Not Just for Seniors)

Therapeutic Tai Chi Fall Prevention Program

Every

Tue and Thurs Eves 6:30-7:30

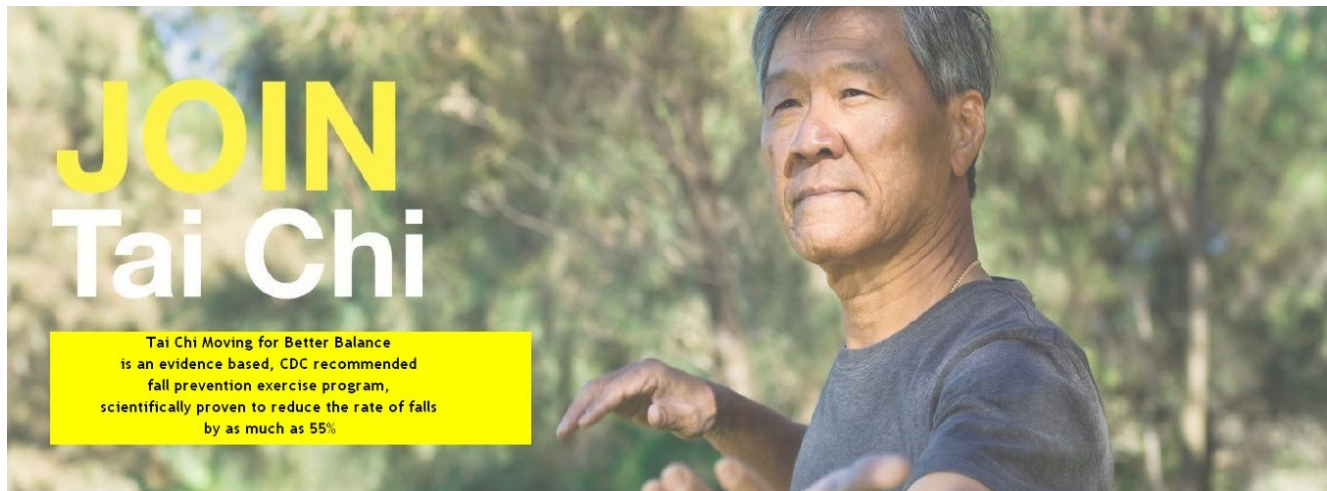
\$5 per class: full payment on registration

September 13th to Dec 20 at the Lebanon Senior Center

Each year 1 in 3 persons over the age of 65 will have a serious fall resulting in an emergency room visit or hospitalization

DON'T BE THE ONE

This Tai Chi program has been shown to reduce the rate of falls by as much as 55%



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